





Saleeby-Fisher YMCA

Updated January 2012	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05 a.m.			Senior Weights			
9:00 a.m.	ZUMBA - Gym	Easy Does It	Abs	Easy Does It	 Cycle	Boot Camp
9:15 a.m.			ZUMBA - Gym			
10: 00 a.m.	Tone & Sculpt		Tone & Sculpt	Line Dance	Tone & Sculpt	
11:00 a.m.						
1:00 p.m.						
5:00 p.m.	ZUMBA Aerobics Room	ZUMBA - Gym				
5:30p.m.		Boot Camp		Power Sculpt		
6:00 p.m.	Interval					
6:30 p.m.		Yoga		ZUMBA -- Gym		
7:15 p.m.	Yoga					